

10 Things I Wish Someone Had Told Me About Caregivers Grief

Real talk. Gentle truth. For those carrying the weight.

You don't always get a guidebook when you become a caregiver.
This isn't a fix—but it's truth that might help you feel seen.

The List:

- 1) You can grieve someone while they're still alive.
- 2) Love doesn't always feel like peace—it often feels like pressure.
- 3) You'll have to say no to things they still say yes to
- 4) You're not selfish for needing space.
- 5) Control is not the same as care.
- 6) Some days you'll resent it—and that doesn't make you a bad person.
- 7) Your exhaustion is real, even if you "look fine."
- 8) You won't have the perfect words—and that's okay.
- 9) Your relationship with them is changing. Grieve that too.
- 10) God sees it all. Every tear, every task, every piece you're holding together.

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